

7:00 Wake-up
7:15 Breakfast at Canyon Vista
7:45 Day Campers arrive
8:00 Pool session including drills, technique work, video taping, start and turn development
11:45 Lunch
12:45 Special Topic Discussion – Nutrition, Mental Training, Goal Setting
2:30 LCM training session
5:00 Day Campers Depart
5:45 Dinner
7:00 Evening Activity
8:30 Games & free time
10:00 Lights out!

Other activities include:

- Beach Day
- Movie Night (overnight only)
- Tye Dye Night (overnight only)
- Pizza Party (last day)